

Dr. William C. Herrick Community Health Care Library
9001 Wakarusa Street | La Mesa, CA 91942

Phone: 1-619-825-5010

Website: www.herricklibrary.org | Email: info@herricklibrary.org



Library Hours, Curbside Pick-up Only:

9:00 a.m. - 1:00 p.m. Tuesday

2:00 p.m. - 7:00 p.m. Wednesday

9:00 a.m. - 1:00 p.m. Thursday

Staff available by phone & email – leave a message and we'll respond asap



Board Members:

Robert Ayres

Gloria A. Chadwick, RN

Michael A. Emerson, RDO

Virginia Hall, RN

Randy Lenac

Barry Jantz, CEO

Rachelle Kierulff,
Library Director

Please let us know if you have moved or changed your phone number.

Are We There Yet?

By Susan Davis, Library Assistant

Just as a car trip may feel too long to a child, sometimes it seems like this pandemic will never end. Whether you are lonely, under stress, out of money, or just plain fed up, it is important to not suffer in silence. Reach out for help - there are people and organizations that are here to provide assistance.

Call a friend to chat and share, take three deep cleansing breaths, do some stretches or jumping jacks to get your blood flowing, then go to the library's website at www.herricklibrary.org, click on Health Information and then Local Health Resources for a list of organizations that provide help, including the following:

- 211, www.211SanDiego.org: San Diego County's free, confidential 24-hour access to community, health, and social services. Dial 2-1-1.
- Jewish Family Service of San Diego, www.jfssd.org: JFSSD provides essential services to all, including families and the elderly. Call 858-637-3210.
- National Suicide Prevention Lifeline, www.suicidepreventionlifeline.org/: Free and confidential support 24/7 for people in emotional distress. Call 800-273-TALK (8255) or text 741741.
- Southern Caregiver Resource Center, www.caregivercenter.org: Free support services for San Diego County families caring for older adults. Call 800-827-1008.
- San Diego Domestic Violence Crisis Line, www.sdsheriff.net/dv/: This 24-hour hotline will connect you to the San Diego County Sheriff's Department. Call 888-385-4657.
- YWCA 24-Hour Domestic Violence Hotline, www.ywcasandiego.org/get-help/beckys-house: The YWCA provides a hotline, a shelter called Becky's House, as well as transitional housing. Call 619-234-3164.
- East County Resource Center for COVID-19, www.eastcountymagazine.org/covid-19-local-resources: Includes medical and mental health clinics, food resources, info for renters and more.

Whether you need services, ideas for coping with family, a listening ear, or ways to get involved by helping others, there are resources for you to explore. Live Well San Diego at www.livewellsd.org enlists multiple resources to help all San Diego County residents be healthy, safe, and thriving. Remember, together we can do more than each of us can do alone.

Library News

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Volume 18, Issue 4

October - December 2020

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As the COVID-19 pandemic continues, I hope you are safe and healthy. The Herrick Library building remains closed as of publication, but we are monitoring the situation and will post updates about reopening on our website, social media and monthly e-newsletter. We are providing answers to your health info questions via phone and email, and you can check out books, DVDs and magazines through Curbside Pickup. I'm pleased to let you know that our virtual library is growing, providing you additional health and wellness information at home. I hope you try out our new eLibrary resources and let us know what you think!

- Rachelle Kierulff, Library Director

Introducing Herrick Library's eLibrary!

Your Herrick Library card gets you access to a whole eLibrary of online resources, from digital magazines to ebooks and streaming video to databases containing reliable health information. Created to be easy to use, the online resources are accessible 24/7 from the safety of your home just by entering your library card number. Another advantage of online resources is the ability to increase the size of the text. Library staff are ready to assist you in getting started with any of the resources listed below. If you don't have a library card, give us a call or email, or sign up online. Access the new eLibrary at:

<https://www.herricklibrary.org/elibrary/>

Flipster

Browse, read and enjoy about 50 digital magazines on your computer, tablet or smartphone.

Libby by OverDrive

A one-tap reading app from our library where you can borrow ebooks, listen to audiobooks and stream video for free. Any ebook can be made large print! Read anytime, anywhere from your computer, tablet, Kindle or smartphone.

Gale Health & Wellness

Search by disease or condition, look up therapies, treatments and surgeries or find out more information about a diagnosis or test. There are also sections on drugs and supplements and mental health. Includes the 2020 edition of Gale Encyclopedia of Alternative Medicine and Gale Encyclopedia of Public Health

Natural Medicines database

Curious about a dietary supplement? Thinking about an alternative or integrative therapy? This database looks for the latest scientific evidence that supports or refutes claims.



Virtual Wellness Wednesday

Wednesday October 28, 2020
10 a.m. - 11 a.m.

Families, COVID, Mental Health & Self-Care

Speaker: Suzette Southfox
National Alliance on Mental Illness
(NAMI) San Diego

Learn about common mental health conditions, how to support loved ones living with these challenges and the importance of self-care for caregivers.

Hosted on Zoom

Registration required:

<https://tinyurl.com/Octoberww>
or 619-825-5010

Upcoming Programs

There will not be a Wellness Wednesday in November or December as the 4th Wednesdays fall on holidays. However, we will be announcing some crafty projects, with supplies provided. Sign up for our monthly e-newsletter to find out what we have in store for the holiday season.

Sign up @ <http://eepurl.com/dt8pAP>

Curbside pickup of books and DVDs is available to library card holders while our physical library is closed. Call or email to reserve an item. Search the catalog at <https://tinyurl.com/herrick-catalog> for titles, or reserve one of our new books below!

Family and Parenting

Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges
 The Complete Guide to Special Education
 Mayo Clinic Guide to Your Baby's First Years
 The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction
 Parenting Children with Mental Health Challenges: A Guide to Life with Emotionally Complex Kids
 Safeguarding Your Child with Autism: Strategies and Tools to Reduce Risks
 Taking Charge of ADHD, Fourth Edition: The Complete, Authoritative Guide for Parents

Diet and Exercise

DASH Diet for Two: 125 Heart-Healthy Recipes to Lower Your Blood Pressure Together
 Diet and Nutrition: Nutritional Concerns with Pancreatic Cancer
 Exercise for Better Bones: The Complete Guide to Safe and Effective Exercises for Osteoporosis
 Fitness Hacks for over 50
 Forget Dieting!: It's All about Data-Driven Fueling
 Help Yourself: A Guide to Gut Health for People Who Love Delicious Food
 Joy Bauer's Superfood!: 150 Recipes for Eternal Youth
 This is Your Brain on Food
 Vegetables Illustrated: An Inspiring Guide with 700+ Kitchen-Tested Recipes

General Health

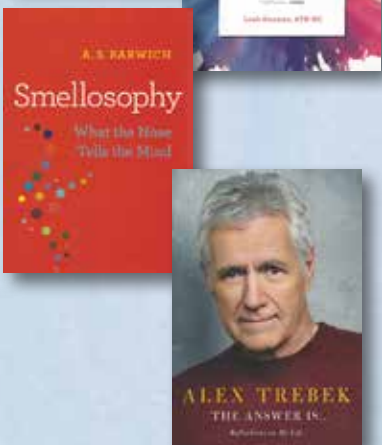
ABA/AARP Wise Moves: Checklist for Where to Live, What to Consider, and Whether to Stay or Go
 Age Later: Health Span, Life Span, and the New Science of Longevity
 Aging with Agency: Building Resilience, Confronting Challenges, and Navigating Eldercare
 An Overview of Pancreatic Cancer: A Guide to Understanding a Complex Disease
 Death in Mud Lick: A Coal Country Fight against the Drug Companies That Delivered the Opioid Epidemic
 Disability Visibility: First-Person Stories from the Twenty-First Century
 Eat, Sleep, Breathe Oral Health: Why Your Mouth Matters
 How Seniors Are Saving the World: Retirement Activism to the Rescue!
 Mayo Clinic Guide to Arthritis: Managing Joint Pain for an Active Life
 Menopause: A Comic Treatment
 Overcome the Challenges of Cancer Care: How to Avoid Pitfalls on the Path to Healing
 Smellosophy: What the Nose Tells the Mind
 Stuck: How Vaccine Rumors Start -- and Why They Don't Go Away
 Think Like a Pancreas: A Practical Guide to Managing Diabetes with Insulin 3rd Edition
 What You Need to Know about Diabetes (Inside Diseases and Disorders)
 Which Country Has the World's Best Health Care?
 Women Rowing North: Navigating Life's Currents and Flourishing as We Age
 Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing (Newly Updated and Revised 5th Edition)

Memoirs

The Answer Is . . . Reflections on My Life (Alex Trebek)
 Gentle on My Mind: In Sickness and in Health with Glen Campbell (Kim Campbell)
 This Is Big: How the Founder of Weight Watchers Changed the World -- and Me (Marisa Meltzer)
 Pearls of Wisdom: Little Pieces of Advice (That Go a Long Way), (Barbara Bush)

Mind and the Brain

Alternative Therapies for PTSD: The Science of Mind-Body Treatments
 The Anxiety and Phobia Workbook (Newly Updated and Revised 7th Ed)
 The Collected Schizophrenias
 The Depression and Bipolar Workbook: 30 Ways to Lift Your Mood & Strengthen the Brain
 Essential Art Therapy Exercises: Effective Techniques to Manage Anxiety, Depression, and PTSD
 Real Change: Mindfulness to Heal Ourselves and the World
 The Well-Gardened Mind: The Restorative Power of Nature



Books for Children & Teens

Chicken Little: The Real and Totally True Tale
 A Feel Better Book for Little Worriers
 Hello Goodbye Dog
 A Little SPOT Stays Home: A Story About Viruses And Safe Distancing
 Remembering Ethan
 The Skeleton Book: Get to Know Your Bones, Inside Out
 The Skeleton Inside You
 When a Kid Like Me Fights Cancer
 Yes I Can!: A Story of Grit
 You Don't Know Everything, Jilly P!



Documentary DVDs

A Dangerous Son
 Ken Burns Presents the Gene: an Intimate History
 The Kids We Lose
 Mother, Father, Deaf
 No Small Matter

Hollywood DVDs

Captain Newman, M.D.
 The Etruscan Smile
 Hope Gap
 Ice Cream in the Cupboard
 Jumanji – the Next Level
 Swift

Medical DVDs

BoneSmart Pilates® Aging Strong V2 - Build Bone, Balance and Posture
 Tai Chi Fit: Over 50 Beginner Exercises with David-Dorian Ross

New Audiobooks Available in Libby

<https://www.herricklibrary.org/elibrary/>



Yes, you can check out magazines and newsletters! Reserve yours today.

For a complete list of titles visit: <https://www.herricklibrary.org/about-herrick-library/magazinesnewslettersnewspapers/>



Disclaimer: The Library provides public access to a wide range of health and medical information and is not a substitute for medical advice. You are advised to consult with your physician or other health care professional concerning specific questions or to obtain medical advice.